

Personnel Policy Bulletin

City of Lincoln

Number: 2001-1

Date: May 8, 2001

| Reference: | Title: |
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| | Breastfeeding Policy |

According to the American Academy of Pediatrics (AAP), extensive research confirms the diverse and compelling health advantages of breastmilk. The AAP's 1997 policy paper on breastfeeding recommends that newborns be fed breastmilk exclusively for 6 months and that breastfeeding continue for at least 12 months.

In addition, The U.S. Surgeon General's 2000 Blueprint on Breastfeeding states that despite multiple health and economic benefits, breastfeeding rates are too low, especially among non-white infants. These low rates amount to a public health challenge as breastfeeding is one of the most important contributors to infant health, as well as being a factor in improving maternal health and contributing economic benefits to the family, the health care system and the workplace.

Breastfeeding is considered a primary factor in reducing infant and maternal illnesses and reducing health care costs. It is also a preventive factor in employee absenteeism as employees who breastfeed miss less work due to sick children at home. The City of Lincoln can help improve the health of infants and support the growing number of mothers in the workforce who choose to breastfeed, as well as encourage more working mothers to breastfeed. This policy is established to provide guidelines reducing barriers to new mothers in the City workforce who choose to breastfeed their infants.

I. POLICY

- A. The City of Lincoln, as an employer, recognizes that working mothers are a vital part of its workforce. It shall be the policy of the City of Lincoln to support mothers who choose to breastfeed their infants by enabling mothers to express and collect their milk during work hours.
- B. It is the goal of the City of Lincoln to identify proper private space within each building occupied by City employees for the purpose of allowing mothers to pump breast milk by the end of 2001. These areas should, at a minimum, provide:
 - a room with no windows or windows with blinds providing privacy;
 - a lock on the door; and
 - an electrical 110v outlet.

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In the absence of a room that can be set aside, a private office with the above minimum requirements that can be scheduled for 15-20 minute sessions three times per day, may be used.

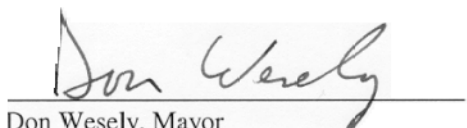
- C. Mothers who are breastfeeding may use their two 15-minute breaks for pumping breastmilk. These employees will not be penalized when the pumping procedure extends slightly beyond their two 15-minute breaks daily. Appropriate break times will be allotted for new mothers that choose to breastfeed.

II PROCEDURE

- A. Employees who have given birth and returned to the workforce should notify their supervisor that they intend to breastfeed their infant and would like to express their milk during work hours.
- B. The supervisor should contact the Personnel Department to identify an appropriate space that has been identified in the building for this purpose.
- C. All efforts to flex time for this purpose will be made with the supervisor's approval.


Georgia Glass, Personnel Director

5-8-01
Date


Don Wesely, Mayor

5-8-01
Date